

## IS THERE A CURE?

Measles is caused by a virus and there is no cure. It can be prevented by a vaccine. If there are no other complications, the following suggestions may relieve some of the discomfort of measles:

- *Get plenty of rest until the fever is gone and the rash fades.*
- *Drink plenty of liquids.*
- *Use a vaporizer for the cough.*
- *For fevers over 101°, take a cool sponge bath. If a high fever develops, a physician should be consulted.*
- *Avoid giving aspirin to a child who has measles; the use of aspirin to treat symptoms of a viral infection has been associated with the development of Reyes syndrome.*

## IMMUNIZATIONS CHILDREN IN YOUR FAMILY NEED:

At 2 months	*DTP, Polio and Hib Meningitis
At 4 months	DTP, Polio and Hib Meningitis
At 6 months	DTP and in some infants, Hib Meningitis
At 15 months	Measles, Mumps, Rubella (in one shot called MMR) and Hib Meningitis
AT 15-18	DTP and Polio
At 4-6 years	DTP, Polio and MMR
At 14-16 years	Tetanus-Diphtheria (and every 10 years thereafter for life)
	<i>*DTP: Diphtheria, Tetanus, Pertussis</i>

## IMMUNIZATION INFORMATION:

**Inglewood**  
Curtis R. Tucker  
Health Center  
(310) 419-5376

**Hollywood**  
Hollywood/Wilshire  
Health Center  
(323) 769-7862

**Mid-City**  
T.H.E. Clinic  
at Ruth Temple  
(323) 730-3502

**Santa Monica**  
Westside Family  
Health Center  
(310) 450-4773 x244



*Compliments of*  
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### Assembly Website:

[www.assembly.ca.gov](http://www.assembly.ca.gov)

*Information used in this brochure was  
gathered from the following sources:*

The American Academy of Pediatricians  
The State of California Department of Health Services  
Healthy Kids

# measles:

# nobody is immune



# measle



# Is your family at risk?

## WHAT IS MEASLES?

Measles is a highly contagious infectious disease. It is a respiratory infection caused by the measles virus. The following symptoms are usually the first sign of measles:

- *High fever.*
- *Fatigue.*
- *"Runny" nose.*
- *Dry cough.*
- *Itchy, light-sensitive eyes.*
- *Loss of appetite.*



One to three days after these symptoms become present, a red rash appears on the face and then spreads down the body. Tiny white spots may also appear in the mouth.

Measles can sometimes be more serious. Children who are weakened by measles are more susceptible to infections caused by bacteria, especially bacterial infections of the ear and lungs. Approximately one out of every 10 children infected develops an ear infection or pneumonia. Approximately one out of every 1,000 children infected develops brain damage while approximately two out of every 10,000 children infected die. Measles in pregnant women can result in miscarriages, premature deliveries and/or birth defects.

## HOW IS MEASLES SPREAD?

The measles virus travels through the air and is spread by coughing, sneezing, talking, and even breathing. Measles is contagious four days before the rash breaks out and four days after the rash breaks out. The interval between exposure and symptoms is usually seven to 14 days.

## IMMUNIZATION: EFFECTIVE, EASY PROTECTION AGAINST MEASLES

Children should receive a measles vaccine shot at 15 months and again when they enter school (age five years); if they miss it at that time, they should have the shot when they enter middle school or junior high school (age 11 to 12 years). Some public health jurisdictions mandate revaccination for school entry (age five years).

Persons from 15 months to 33 years of age who have not been immunized or have not had measles should be vaccinated. Those in the same age range who received their vaccination before their first birthday should be vaccinated again.

If someone is exposed to measles and has never received an immunization, getting a vaccine within three days of exposure may provide some protection.

Measles vaccine produced before 1979 is probably not as effective as vaccine produced today. Doctors, recommend that persons vaccinated before 1980 receive another vaccination if a measles outbreak occurs in their area.



## WHAT DO I DO IF I HAVE MEASLES?

Due to the serious nature of the disease, be sure to notify your physician or the County Health Department, particularly if any of the following symptoms are observed:

- *An earache, sore throat, or severe headache.*
- *Problems breathing or rapid breathing.*
- *A fever lasting past the fourth day of the rash, or a fever returning after the rash has disappeared.*
- *Vomiting.*
- *A cough lasting longer than 4 to 5 days.*
- *Seizures (convulsions).*

If you or your child has measles, or has been exposed to measles, you should avoid all contact with children and young adults. This means you should not even be in the same room with someone who does not have measles. Do not attend school, work, church, or any other public or social gathering.

To reduce the risk of infecting other patients, telephone your physician or emergency room prior to your visit.